



# Move Utah

ACTIVE, HEALTHY, CONNECTED COMMUNITIES

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## Wellness Benefits of Connected Communities



**David Eldredge**

*Director of Community Crisis Services*  
University Neuropsychiatric Institute



**Sarah Kinnison**

*Health Educator*  
Salt Lake County  
Health Department



**Rose Smith**

*Program Specialist*  
Utah Office of Outdoor  
Recreation



**Christie Oostema**

*Principal*  
People+Place





# Move Utah Summit

Active, Healthy, Connected Communities,  
Improve Overall Health

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Presented by Dave Eldredge LCSW  
For  
University Neuropsychiatric Institute

# OVERVIEW



- Sociability
- Our Community's Health Status
- Connecting people and places improves the health of individuals and communities.

# SOCIABILITY

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# SOCIABILITY

Study of infants in an orphanage who had no physical contact.



# Utah's Health Status

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# LONELINESS AND SOCIAL ISOLATION

Loneliness and social isolation are associated with depression, decreased cognitive function, increased blood pressure and cholesterol, and even premature death.





# Our Communities Health Status

The leading causes of death among adults are chronic, often behavior-related, diseases

(e.g., heart disease, cancer, lung diseases, diabetes, and injuries).

Hopkins University 2014

# Our Communities Health Status

- Rapidly Rising Health Care Costs
- Increasing Heart Disease
- Increasing Lung Disease
- Increasing Diabetes
- Increasing Asthma
- Increasing Cancer

# Behavioral Health Crisis Care

- Leading cause of death for children in our community is suicide
- Our community is experiencing a health crisis/epidemic due to our increasing rates of suicide



# American Heart Association

- One in three American kids and teens is overweight or obese, nearly triple the rate in 1963.
- Among children today, obesity is causing a broad range of health problems that previously weren't seen until adulthood. These include high blood pressure, type 2 diabetes and elevated blood cholesterol levels.
- There are also psychological effects: Obese children are more prone to low self-esteem, negative body image and depression."

Connecting people and places  
improves the health of  
individuals and communities

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# CONNECTING PEOPLE IMPROVES HEALTH

Applying effective health behavior interventions results in positive changes in behavior that can prevent substantial suffering, premature mortality, and medical costs.

Hopkins University 2014



# SOCIAL COHESION IMPROVES HEALTH

Developing increased social cohesion and access to natural support systems and community resources for members in our community improves physical and behavioral health.

# POSITIVE BEHAVIORAL CHANGES

- ACCESS TO HEALTHCARE
- ACCESS TO HEALTHY FOOD
- ACCESS TO WORK
  - MEANING, PURPOSE, FEELING VALUED
- ACCESS TO SOCIAL SUPPORT SYSTEMS
  - FAMILY, FRIENDS
- ACCESS TO THE OUTDOORS
  - PHYSICAL ACTIVITY

# Parks Rx

Sarah Kinnison

Salt Lake County  
Health Department  
[skinnison@slco.org](mailto:skinnison@slco.org)




- ▶ Park outings are:
  - ▶ Convenient to get to
  - ▶ Inviting and reliable
  - ▶ Free of cost
  - ▶ Accommodate ability level of the patient
  - ▶ Provide opportunities for regular engagement



## Why Parks Rx?

# Process of Developing Program

## ► Phase 1-Goal Selection

- Selecting a target population
  - SLCo residents with chronic conditions
- Looking at key health indicators
  - 23.3% of SLCo adults engage in regular physical activity
  - 25.2% if SLCo adults are obese
  - 60.5% of SLCo adults are overweight or obese
  - 8% of SLCO adults have been diagnosed with T2 diabetes and 
  - 25.2% high blood pressure prevalence
  - 25.7% high cholesterol prevalence
  - 16.3% of SLCo adult days in poor mental health

Source: [healthysaltlake.org](http://healthysaltlake.org)

# Process of Developing Program

- ▶ Percentage of city residents within a 10-minute walk of a park
  - ▶ Salt Lake City-81.5%
  - ▶ Murray-47.4%
  - ▶ Taylorsville-51.2%
  - ▶ West Valley City-55.6%
  - ▶ Herriman-69.3%
  - ▶ Kearns-54.9%



Source: ParkServe



# SLCo Health Department



CONNECTED WITH  
PARK RX AMERICA



ADDED 150+ PARKS TO  
PARK RX AMERICA  
WEBSITE



DEVELOPED PROGRAM  
AND EVALUATION FOR  
CLINICS



CONNECTED WITH  
STATE-WIDE  
PARTNERS

Salt Lake City, UT 84105, USA

Go >

WITHIN RADIUS: ☐ .25 MILE ☐ .5 MILE ☒ 1 MILE ☐ 2 MILES ☐ 3 MILES ☐ 5 MILES ☐ 10 MILES

5 results

 FILTER RESULTS



SORT BY: ☒ Distance ☐ Park Name

- |       |                       |                          |
|-------|-----------------------|--------------------------|
| 0.3mi | 17th South River Park | <input type="checkbox"/> |
| 0.8mi | Fairmont Park         | <input type="checkbox"/> |
| 0.8mi | Hidden Hollow Park    | <input type="checkbox"/> |
| 0.8mi | Sugarhouse Park       | <input type="checkbox"/> |
| 1.0mi | Wasatch Hollow Park   | <input type="checkbox"/> |

☐ CHECK TOP 5

VIEW SELECTED PARKS

powered by Park Rx America

Chrome File Edit View History Bookmarks People Window Help Stop Recording Thu 6:57 AM

Park Rx America - Find Yo X Park Rx America - Find Yo X

https://parkrxamerica.org/prescribe.php

### PRESCRIBING THE FOLLOWING PARKS:

Stanton Park

☒ Generate Prescription Text?

NAME: [1CTMYD] Park Rx America - Stanton Park

TAKE: walk their dog

FREQUENCY: every day

DURATION: 30 min

Note: Prescription text will not be sent to the patient, but instead should be copied into your EMR diagnosis/treatment window.

**Send by Text** **Send by Email** **Just Print**

Patient Mobile Number

9195594576

Set Reminder: ☐ none ☒ every day ☐ once every 3 days ☐ once every week

For: ☒ 1 month ☐ 2 months ☐ 3 months

**Send to Patient**



Stanton Park, Washington, DC, USA

WITHIN RADIUS: 0.25

Go >

FILTER RESULTS

**PRESCRIBING THE FOLLOWING PARKS:**

Stanton Park

**Excellent - Parks Prescribed!**

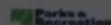
[1CTMYD] Park Rx America - Stanton Park, walk their dog, every day, 30 min

Copy Text

Print Prescription

Close Window

Upcoming Events



Where Are  
We Now?

Pilot Stage

Evaluation

Stakeholder Buy-In



# Utah Office of Outdoor Recreation

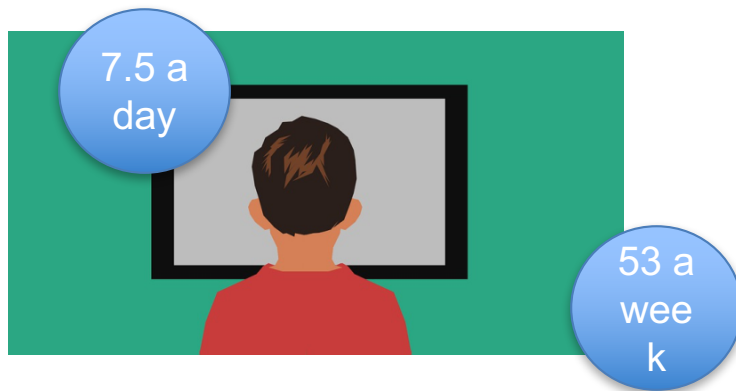
Move Utah Summit  
9/26/19



Utah Governor's Office *of*  
Economic Development  
OFFICE OF OUTDOOR RECREATION



# THE PROBLEM



- Indoor Sedentary Time
- Huge health consequences
- 1 in 5 children is obese



Asthma, bone and joint problems, risk factors for heart disease, diabetes, bullying, depression, low self-esteem



14% of children have a mental, behavioral, or emotional disorder



SOCIAL ISOLATION

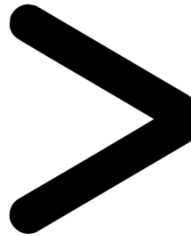


Utah Governor's Office of  
Economic Development  
OFFICE OF OUTDOOR RECREATION

[Childrenandnature.org](http://Childrenandnature.org)



Doctors now warn this generation of children will have a shorter life expectancy than their parents due to chronic disease.



Utah Governor's Office of  
Economic Development  
OFFICE OF OUTDOOR RECREATION

[Childrenandnature.org](http://Childrenandnature.org)





# Utah's Every Kid Outdoor Initiative



Observe nature and wildlife in Utah



Splash in Utah's rivers, lakes and streams



Explore Utah's parks, public lands, and wild-places



Follow a trail



Experience the Greatest Snow on Earth



Plant a seed



Gaze at the starry sky



Play on Utah's rocks and mountains



Bring along a friend to nearby nature



Be a steward and take care of Utah's outdoor places



Utah Governor's Office of  
Economic Development  
OFFICE OF OUTDOOR RECREATION

[Business.utah.gov/outdoor/eko](https://business.utah.gov/outdoor/eko)

# Why is this important?



## WE ARE FACING A HEALTH CRISIS:

- Childhood **obesity, depression, anxiety, psychiatric disorders, diabetes, cardiovascular disease and low self-esteem**

## TIME IN NATURE IS A SOLUTION:

- huge **positive physical, mental, social and developmental health outcomes** such as increased physical activity, lower stress levels, reduced symptoms of ADHD, and improved overall well-being
- Outdoor recreation at an early age has been shown to **promote lifelong participation** in that activity



Utah Governor's Office of  
Economic Development  
OFFICE OF OUTDOOR RECREATION

# Connecting Communities through Grant Opportunities

- Utah Outdoor Recreation Grant (UORG)
- Recreation Restoration Infrastructure Grant (RRI)
- Utah Children's Outdoor Recreation and Education Grant (UCORE)

## November Grant Workshop Tour

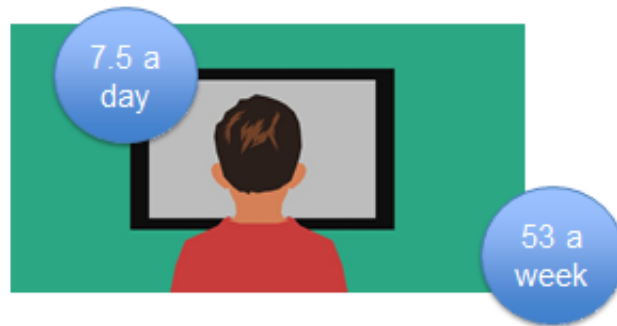
- Vernal 11/4
- Green River 11/5
- Monticello 11/5
- Bicknell 11/6
- Panguitch 11/7
- Kanab 11/7
- St. George 11/8
- Salt Lake City 11/12
- Alpine 11/13
- Heber 11/13
- Fillmore 11/14
- Manti 11/14
- Nibley 11/15



### Highlights:

- National Geographic Explorers Mike and Lilliana Libeck (dad and daughter duo)
- Celebrate Zion National Park's Centennial
- Preview a new film from Zion Forever Project
- Wasatch Mountain Film Festival showing
- 7 outdoor recreation activities
- Service project
- Outdoor Summit Awards
- Outdoor Market with 40 vendors

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SOCIAL ISOLATION



Utah Governor's Office of  
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OFFICE OF OUTDOOR RECREATION

[Childrenandnature.org](http://Childrenandnature.org)

# Wellness Benefits of Connected Communities

September 26, 2019

Christie Oostema Brown | People + Place | [christieoostema@gmail.com](mailto:christieoostema@gmail.com) | 801.712.3123

# LONLINESS

epidemic of loneliness

# LONLINESS

rates of loneliness have doubled since the 1980s



# LONLINESS

affects our health and even reduces our lifespan; it's comparable to smoking 15 cigarettes a day and greater than the impact of obesity – *Washington Post*

# LONLINESS

The median American checks their smartphone every 4.3 minutes.

40% of those aged 18-29 are online almost every waking minute. - *Pew study*

# LONLINESS

“We are addicted to distraction and parched for genuine community.”

“We meet fewer people. We gather less. And when we gather, our bonds are less meaningful and less easy.”

*Alone Together*

-

# LONLINESS

“The ties that form through the Internet are not in the end, the ties that bind. But they are the ties that preoccupy.” – *Alone Together*

# LONLINESS

“The greater the proportion of face-to-face interactions, the less lonely you are.”

- *Loneliness*

designing for face-to-face  
interaction

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# CONNECTED COMMUNITIES





# INCIDENTAL INTERACTIONS

porches and stoops





# A PLEASANT WALK

sidewalks, street trees and interesting streets





## PLACES TO GO

shop, dine, play, learn





# THIRD PLACES

coffee shops, pubs & cafes





# PLACES WHERE COMMUNITIES GATHER

service, faith, interests





# A PLACE FOR EVERYONE

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housing mix – single family,  
townhome, multifamily, ADU,  
micro-unit, designated  
affordable



designing for face-to-face  
interaction

# CONNECTED COMMUNITIES



An aerial architectural rendering of a proposed suburban town center. The development features a grid of streets with a mix of housing types, including single-family homes, townhouses, and multi-story apartment buildings. The design emphasizes green spaces with numerous trees and landscaped areas. A large, open green field is visible on the left side of the image. In the background, a highway and other existing residential areas are visible.

# LAYTON

Gordon and  
HWY 89

Town Center



# LAYTON

Gordon and  
HWY 89 Town  
Center







# LAYTON

West Layton  
Town Center



An aerial photograph of a suburban town center. The image shows a grid of streets with numerous houses, some with light-colored roofs and others with darker roofs. There are green spaces, trees, and parking areas. A circular graphic with a dark background and a gold border is overlaid on the left side of the image. Inside the circle, the word "LAYTON" is written in large, white, sans-serif capital letters. Below it, the words "West Layton" and "Town Center" are written in a smaller, white, sans-serif font.

# LAYTON

West Layton  
Town Center



An aerial photograph of a residential development, likely a town center or suburban neighborhood. The image shows a mix of multi-story apartment buildings and single-story houses, interspersed with green spaces, trees, and parking lots. A circular callout in the upper left corner contains the text 'LAYTON West Layton Town Center'.

# LAYTON

West Layton  
Town Center





LAYTON

West Layton  
Town Center



An aerial photograph of a suburban town center. The area is densely packed with single-story houses, many with light-colored roofs. There are numerous green trees scattered throughout the residential blocks. In the lower right, there is a large green field, possibly a park or sports field, with a small building and a parking lot nearby. The overall scene depicts a well-planned, family-oriented community.

# LAYTON

West Layton  
Town Center





LAYTON  
West Layton  
Town Center





**Orem  
State  
Street**  
Existing  
Condition



## State Street – A Friendlier Street Environment

**Orem  
State  
Street**

Another Option





## Existing Condition





Future Option A

Low Rise





**Future Option B**

**Low Rise | Mid Rise**





Additional Option

Mid Rise





Future Option C

Mid Rise





Future Option D

Mid Rise | Higher Rise



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Christie Oostema Brown | People + Place | [christieoostema@gmail.com](mailto:christieoostema@gmail.com) | 801.712.3123